

St Matthew's Church

To help you pray

Prayer is a heart's wish turned towards God. We are encouraged to pray, to lay our burdens before God.



“Don't worry about anything, pray about everything. Tell God what you need and thank Him for all He has done” (Philippians 4:6-7)

For one reason or another, people sometimes find that they do not have the words to share their thoughts with God. The words printed in this leaflet may help you find those words...

Please take this leaflet and use it wherever you feel you need to be, to find stillness and presence with God.



The Serenity Prayer

*God grant me the serenity
to accept the things I cannot
change; courage to change
the things I can; and wisdom
to know the difference.*

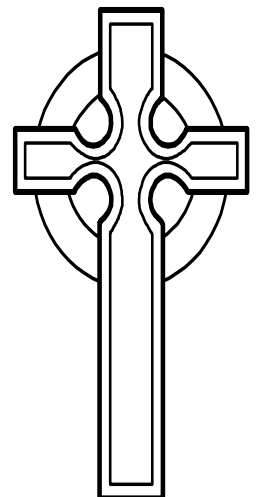
In times of suffering and hurt...

Lord Jesus, I know that you understand suffering and hurt because you have experienced it yourself. Comfort me now as I struggle to get through these painful times and help me to feel your presence. Help me to trust your love, for you carry our sorrows. Calm my fears as you calmed the storm, for all things are in your hands. Be my strength and my light and help me to trust in you that a brighter day will come.



When we are sorry for our actions...

Heavenly Father, I am sorry for all the times that I have been hasty or unkind (especially to.....). I am sorry for the times when I have been selfish and hurt other people by my actions. I am ashamed of taking people for granted. I thank you for your promise to forgive all those who turn back to you in penitence. Help me to be considerate of others and forgive those who hurt me.



When we pray for others...

Loving God, I pray for my family.....and friends.....my neighbours at home, at work, the ones I like.....and dislike..... I pray for those who are ill and those who mourn, especially..... Lord, please bless them in their various troubles and be a comfort to them now. Please show me how I may help them.



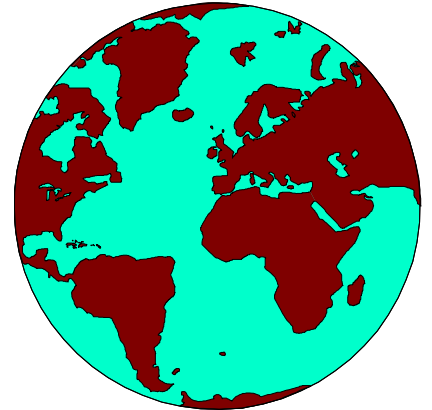
In times of joy and thanksgiving...

Heavenly Father, thank you for caring for me in my times of need. I come to you now to praise you for all the wonderful things in my life, especially..... Be with me now to share in the joy that I feel! I thank you, Father, not only for these things but for the gift of hope and for all that reminds us of your promise of eternal life through Jesus Christ our Lord.



When we pray for the world...

Merciful God, where there is war, we pray that you will bring peace. Where there is unrest, you will bring calm. Where there is need, you will bring relief. Where there is darkness and suffering, you will bring hope. We especially pray for.....at this time.



Help us do our small part to make this world a better place.

“Be still and know that I am God” (Psalm 46.10)



We hope you have found this leaflet helpful. If you would like someone to pray for you, please contact our Prayer Chain. We have several members of our congregation who will pray for your need every day for a month (or more if needed, just let us know). To contact the Prayer Chain, please call Revd Julie Johnson (0161 456 6463) or Irene Hinde (0161 456 1892). All requests are dealt with in confidence.

Parish of Edgeley and Cheadle Heath
www.edgeleyandcheadleheath.org.uk

